

Claims

1. Use of folic acid, vitamin B6 and B12 or their functional analogues in the manufacture of a pharmaceutical composition for improving senses of well-being, control of feeling of pain and improvement of mood, sleeping behaviour, or treatment or prevention of other serotonin- or melatonin-mediated disorders.
2. Use according to claim 1, in which the composition is a composition for complete nutrition.
3. Use according to claim 2, in which the composition is a composition for complete nutrition of infants.
4. Use according to claim 2, in which the composition is a composition for complete nutrition of diseased or elderly persons.
5. Use according to any one of claims 1-4, in which the composition contains more than 44 μg of folic acid and more than 0.8 μg of vitamin B12 and more than 50 μg of vitamin B6 per 100 kcal.
6. Use according to any one of claims 1-5, in which the composition further contains at least 0.55 mg of niacin equivalents and/or at least 0.08 mg of riboflavin and/or at least 55 μg of thiamine per 100 kcal.
7. Use according to any one of claims 1-6, in which the composition further contains more than 50 mg of choline or betaine or the sum thereof, and/or at least 5 mg of taurine, and/or at least 50 mg of methionine per 100 kcal.
8. Use according to any one of claims 1-7, in which the composition further contains 0.05-8 g of tryptophan and/or 30-3000 mg of melatonin and/or 50-1000 mg of adenosine per 100 kcal.
9. Use according to any one of claims 1-8, in which the composition further contains 5-400 mg magnesium and/or 0.7-100 mg zinc per 100 kcal, the weight ratio of magnesium plus zinc to calcium being higher than 0.08.
10. Use according to any one of claims 1-9, in which the composition contains 9-15 g of carbohydrates per 100 kcal.

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11. Use according to claim 1, in which the composition is a supplement for diseased or elderly persons.
12. Use according to any one of claims 1-11, in which the composition contains, in a daily dosage, at least 200 μg folic acid, at least 1.9 μg vitamin B12 and at least 0.3 mg vitamin B6.
13. Use according to claim 12, in which the composition further contains per daily dosage, at least 0.5 mg riboflavin and/or at least 1.0 mg thiamine and/or at least 2 mg niacin equivalents and/or at least 0.3 g tryptophan, at least 0.5g melatonin, at least 50 mg adenosin, at least 50 mg choline and/or betaine and/or at least 100 mg methionine and/or at least 0.03 mg vitamin K and at least 5g of digestible carbohydrates.
14. A pharmaceutical composition suitable for improving senses of well-being, control of feeling of pain and improvement of mood, sleeping behaviour, or treatment or prevention of other serotonin- or melatonin-mediated disorders, the composition containing more than 44 μg of folic acid, more than 0.8 μg of vitamin B12 and more than 50 μg of vitamin B6 per 100 kcal. *a*
15. A method of treatment for improving senses of well-being, control of feeling of pain and improvement of mood, sleeping behaviour, or treatment or prevention of other serotonin- or melatonin-mediated disorders, comprising administering to a person in need of such treatment, an amount of at least 200 μg of folic acid, at least 2 μg of vitamin B12 and at least 2 mg of vitamin B6 per daily dosage.

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